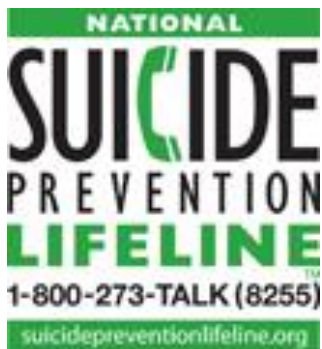


Call to Action for Schools: Equip your coaches, athletic directors, and adult advisors for extra-curricular activities in suicide prevention as student athletes return to play.

1. Train coaches, athletic directors, and adult advisors in how to recognize warning signs of suicide, how to ask about suicide, and where to refer.

All coaches and advisors (volunteer and staff) should be trained to recognize suicide warning signs, to ask about suicide and to connect students to help. All staff should clearly know the referral process for a student exhibiting signs of mental distress. If you haven't taken a training this year, consider taking Question, Persuade, Refer (1.5 hour online [training](#)).

These ***free*** QPR trainings are specifically for Oregon coaches, advisors and athletic trainers. The links below contain registration links. If you would like to train all of your coaches together, please contact gpr@linesforlife.org to access free online training opportunities sponsored by Oregon Health Authority.



[Wednesday, April 7th @ 10 AM](#)
[Wednesday, April 14th @ 10 AM](#)
[Tuesday, April 20th @ 1 PM](#)
[Wednesday, April 21st @ 1PM](#)
[Tuesday, April 27th @ 3 PM](#)
[Wednesday, April 28th @ 1 PM](#)
[Monday, May 3rd @ 10 AM](#)
[Tuesday, May 4th @ 1 PM](#)
[Wednesday, May 5th @ 10 AM](#)
[Tuesday, May 11th @ 3 PM](#)
[Wednesday, May 12 @ 1 PM](#)
[Monday, May 17th @ 9 AM](#)
[Tuesday, May 18th @ 1 PM](#)
[Wednesday, May 19th @ 2 PM](#)
[Tuesday, May 25th @ 3 PM](#)



If your school lacks staff to provide suicide safety assessments and safety planning, please access the School Suicide Assessment Line (503-575-3760, open Monday-Friday, 8:30AM-4:30PM) or call your local crisis [hotline](#).

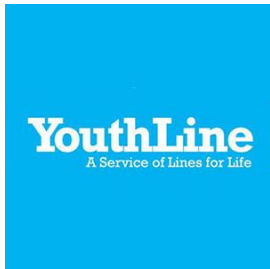
2. Know that you are never alone in responding to suicide concerns.

The national Suicide Prevention Lifeline is available 24/7, and can be accessed in English or Spanish (see above). You always have someone who can help you find resources for a student, or anyone else who is struggling.

The best way to find out how a student is doing is to ask directly about mental health, mood, thoughts of suicide.

- Example: “Things have been really different the last couple of weeks, and sometimes when our routine changes or we don’t know what to expect that can make depression/anxiety harder than normal to deal with. How are you dealing?”
- Example: “Wow, it seems like this has been super stressful for you. Sometimes when the pile of stress feels so big like that, people start having thoughts of suicide. Have you had thoughts of suicide?”

There are so many resources available to you. Check with your School Counseling department to learn about local or school level resources. Here are some others:



For teens:

YouthLine's teen-to-teen crisis support and help line is open daily from 4 to 10 p.m. PST via call, text, and chat. Adults answer phone calls at all other times for support 24/7. [Learn more](#)



For all ages:

You'll find resources here to stay strong, create a wellness plan, care for yourself, and practice gratitude. [Learn more](#)



For teens and parents:

When life feels heavy, Safe + Strong has resources to help. Connect to care, learn how to make sense of what you're going through, and get tips for supporting a loved one who is struggling. [Learn more](#)

3. Model and encourage talking about mental health. Weave in social/emotional check in's with your team or club.

- Use positive messages from staff to build hope, strength, and resilience. Use language such as, “this is what helps me.” Model the mind/body connection often.
 - Example: I know some things just don't feel normal, even as we come back. I sometimes feel anxious when things don't feel normal. I can tell I'm anxious because my head starts to hurt, and I get a little grumpy. I have an awesome play list that helps me get out of my worry brain and into the right mindset. For games, but also life.
- 130 [ideas](#) for check in questions
- 30 [questions](#) for athletes
- Oregon School Activities Association's website for Student Wellness – includes suicide prevention [resources](#) and articles